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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

The ONLY way to live without pain Hint: It doesn't come with a prescription

by Michele Cagan

Pain-relieving drugs cause pain.
Whether it's from side effects, rebound effects, or addiction, virtually all pain medications end up causing pain (and, often, problems even more severe than the one you started with).

And it's not just the big bad names (like deadly Vioxx or highly addictive Vicodin) that you have to worry about. Even drugs that seem safe can wreak deadly havoc: Tylenol, ibuprofen, aspirin.

In fact, taking any pain medications—whether they're prescription or over the counter—for a long time is practically a recipe for more pain. Even worse, painkillers can kill you.

But there is something that can safely and effectively erase your pain, something so powerful that people have been able to stop taking even morphine and Vicodin once they tried it.

So powerful that it not only relieves pain and reduces inflammation, it also addresses the cause... so you could have less pain in the future.

The future of pain relief comes from ancient plants

Two plants used for thousands of years to ease pain: One so beautifully vibrant it's been used in Indian religious ceremonies dating back to 4000 BC. One so precious it was given to the baby Jesus by the three Wise Men.

And both used extensively for generations to treat pain.

Now, ancient tradition mixes with

science to make it even easier for your body to absorb and benefit from the full power of these timeless herbs, brought together in a natural pain formula called Curamin[®] that will change your life.

The first of the two is a special form of curcumin that dramatically increases absorption and effectiveness.

The second is a specialized extract of boswellia (also known as frankincense) that maximizes its pain-relieving compounds while removing a sometimes troubling inflammatory compound.

And even if you've taken curcumin or boswellia before, you'll want to try this.

Blocking destructive inflammation from every angle

Unlike virtually every pharmaceutical on the market (and most natural pain relievers), Curamin impacts *every* inflammatory pathway in the body, something that can only be achieved with this unique combination of curcumin and boswellia.

The boswellia in Curamin works sort of like steroids, hitting inflammation caused by leukotrienes and 5-LOX (both highly inflammatory molecules linked with lung and gastrointestinal inflammation).

The proprietary curcumin follows a completely different path, knocking down COX-1 and COX-2 inflammatory compounds (similar to—but much safer than—NSAIDs).

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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The ONLY way to live without pain

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And as you'll learn in a moment, both of these ancient anti-inflammatory pain relievers have amped up effectiveness.

Ten times better than plain curcumin—just two capsules keep you pain-free all day

Curcumin possesses unmatched healing powers, but there's a catch.

It's very hard for your body to absorb straight curcumin. And that's why early studies using plain curcumin had subjects taking ten to twelve grams daily (a huge amount!).

But BCM-95[®], the unique curcumin found in Curamin, is highly bioavailable, substantially more absorbable than plain curcumin. Using a patented process, curcumin powder is mixed with turmeric essential oil, both naturally occurring components of turmeric. And it makes a huge difference.

A human clinical study¹ found that BCM-95

- was absorbed more quickly than plain curcumin, with measurable blood levels in just one hour
- was up to seven times more bioavailable than plain curcumin
- and remained in the bloodstream longer, for more than eight hours

So BCM-95 gets to you faster, works better, and works longer than plain curcumin. And this study was no fluke.

Another human study² found that BCM-95 was much more absorbable than plain and specialized curcumin. Overall, BCM-95 was seven times more absorbable than plain curcumin. And at one of the measurement times, blood levels of curcumin were *ten times higher*. That study also found that BCM-95 was absorbed more than six times better than other specialized curcumin products (one mixed with piperine, and one mixed with lecithin).

Curcumin knocks out pain without negative side effects

Whether you have joint pain, nerve pain, or pain from trauma (like surgery), curcumin can help you feel better. And there is an enormous body of evidence standing behind that, including many studies published since the beginning of 2014.

A new six-week double blind, placebo-controlled clinical trial³ found that 1500 mg of curcumin daily (in three 500 mg doses) helped significantly reduce pain and improve physical function in osteoarthritis patients.

Another very recent study⁴ found that curcumin worked at least as well as ibuprofen to relieve osteoarthritis knee pain while causing significantly fewer adverse gastrointestinal events.

Two new animal studies^{5,6} found that curcumin substantially eases post-operative pain and improves recovery after an incision.

Other new animal studies^{7,8} found that curcumin could both treat and prevent chronic nerve pain, even after nerve injury.

And then there's a stunning pilot study⁹ using the exact same curcumin (BCM-95) in Curamin. In this randomized study, patients with rheumatoid arthritis were split into three groups: one group got 500 mg of BCM-95 twice a day, once group got 50 mg of Voltaren (a commonly prescribed NSAID) twice a day, and the third group got both. The group taking just BCM-95 showed the greatest improvement, significantly better than the Voltaren group. What's more, no one in the BCM-95 only group dropped out... but 14% of the

Don't be deceived! Turmeric is not the same as curcumin

Turmeric and curcumin are not the same thing. Rather, curcumin is just one compound found in turmeric, and only at levels of about two to five percent. So even if you take 1,000 mg of turmeric (a common size for the capsules), you'll only be getting 20 to 50 mg of curcumin at best. And that little bit of curcumin is enough to make a claim on the label that the capsules "contain curcumin."

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Why choose castration therapy? Rainforest plant beats even late-stage, aggressive prostate cancer

by Michele Cagan

astration therapy. I didn't mean to make you cringe there, but it's one of the most-used treatments for managing advanced prostate cancer.

And while you are suffering through this emasculating treatment, you'll have to endure some very negative (and feminizing) side effects.

Until it stops working.

That's right: you take the plunge, undergo chemical castration therapy, somehow learn to live with impotence and hot flashes, and it doesn't even work.

But you don't have to choose castration. There is a safe, effective, natural way to control even aggressive, advanced, castration-resistant prostate cancer... without sacrificing your quality of life (and sex!).

The standard prostate cancer treatment plan isn't working

Your doctor is stuck in the same old cancer-treatment trap. They hunt down the tumor, hit it with radiation, carve it out with surgery, then annihilate it with poison (chemotherapy).

Virtually all oncologists trot out that same plan by rote: radiation, surgery, chemotherapy. They hope it *might* work, downplay the adverse effects, and pressure patients into dangerous yet ineffective treatment. Sure, that might shrink or get rid of this tumor, a medical success (for now), but it's hardly a long-term plan.

Their method *might* take out some... maybe even all... of the cancer, but that treatment takes you and your future health down with it. And very often, the cancer comes back... or another cancer is created.

That's not a good plan, especially when you have advanced prostate cancer, and the treatment your doctor recommends calls for castration, which annihilates your masculinity.

Because what's the point of crushing your cancer at the expense of your life?

Do you really want to try castration therapy?

It's right there in the name—castration therapy.

The point of this emasculating chemotherapy is to "abolish" your testosterone to *temporarily* halt the progression of your prostate cancer. Yes, it's common knowledge that this devastating treatment is temporary.

And the side effects cause so much suffering that many men can't bear to continue the treatment after a single round. Knocking testosterone levels down toward zero can have a big impact on prostate cancer—after all, though the hormone doesn't cause prostate cancer, it can fuel it—but it will absolutely have an enormously negative impact on your quality of life...

- Vastly diminished sex drive
- Impotence
- Shrinking penis and testicles
- Decreased muscle mass
- Hot flashes
- Breast enlargement
- Osteoporosis (which can lead to serious fractures)
- Declining memory and cognition
- Weight gain
- Depression

So you suffer through all that, and then... The treatment stops working.

The cancer wins. And your quality of life is already shattered.

A better way to treat cancer... and live in good health

Decades ago, a visionary French scientist named Dr. Mirko Beljanski, PhD. discovered a better way to tre*at cancer*. (You can learn about how the government persecuted and jailed Dr. Beljanski to keep his discoveries quiet in your October 2011 Members Alert.)

Instead of devastating conventional treatments that decimate your quality of

life, your future health, and possibly your cancer, his method starts with a better definition of success. If your cancer:

- is under control
- is not progressing or spreading
- doesn't interfere with your quality of life
- isn't causing any symptoms...

That's a good definition of success.

And that's exactly what this rainforest tree bark treatment can do for you: get and keep your cancer under control without causing negative side effects or adverse events, and without draining your health and energy.

Tree bark treatment takes on advanced, resistant, non-responsive prostate cancer

Deep in the Amazon rainforest grows a healing tree, called *Pao pereira*, used for generations by the native tribes of South America.

And an extract taken from the bitter inner bark of this tree is proving to be one of our most effective natural cancer treatments, getting even extremely difficult and advanced cancers under control, 1,2,3 and that includes late-stage advanced aggressive prostate cancer... even after it's become resistant to castration therapy.

Studies have already shown us that Pao is toxic to cancer cells, selectively. That means—unlike every conventional cancer treatment—it leaves your healthy cells alone, and you won't suffer all of the 'normal' debilitating side effects of chemotherapy and radiation.

Pao takes on prostate cancer in several distinct ways:

- it sets off cancer cell death (a process called apoptosis)
- it keeps cancer cells from spreading (stopping metastasis)
- it prevents invasion into other organs
- it keeps cancer cells from grow-

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Asthma patients take full, deep breaths no panting, no wheezing, no side effects after drinking this "Holy Land" tea

by Michele Cagan

You feel like you're drowning right in your own living room, gasping for air, straining for breath.

You desperately reach for your inhaler, ignoring the side effects, and knowing a terrible truth:

The only thing worse than its horrifying side effects is not being able to breathe.

The medicine works, and you can finally take a real breath.

Now the worry over breaking-news side effects, and your frustration with the "maintenance" inhaler—which clearly didn't work to prevent an attack today—kick in.

And here's something startling that you may not already know: Your maintenance inhaler could have set off that attack... and you're lucky it wasn't more severe... even deadly.

You don't have to risk a deadly asthma attack to prevent the next terrifying episode. Asthma attacks can be safely prevented with a few cups of "Holy Land" tea.

Is your inhaler *causing* severe—potentially fatal—asthma attacks?

Right now, you probably have at least two inhalers close by:

- your everyday inhaler, the one that's supposed to keep your asthma from attacking, and
- your rescue inhaler, to use when the other one doesn't work, and you're struggling to breathe

There are several different drugs that come in those inhalers, and they all come with immediate and longterm dangerous side effects.

But you can't live without them—you have to breathe—so you're stuck accepting the side effects in order to breathe.

And here's one of the worst but least-discussed problems you're facing: commonly prescribed every day asthma medications known as LABAs (long-acting beta agonists, like Serevent and Perforomist) may *cause* fatal asthma attacks.

The others aren't much better: every single inhaled asthma medication comes with very nasty side effects (see the table).

Why you can't breathe

The most important thing at the time of an attack—whatever the cause—is to get air into your lungs, fast.

But wouldn't it be even better if you didn't suffer that attack at all?

To pull that off the right way, you need to know what's causing the attack. Because directly addressing the right cause, rather than just hammering your lungs with pharmaceuticals every day, can do a lot to stop those terrifying episodes before they start.

Many asthma attacks are set off by allergens, like pollen, dust mites, and pet dander. When you inhale an allergen that triggers an attack, your immune system takes over to fight off the offenders... but instead of helping, it sets off inflammation in your lungs. Your airways swell

shut, making it very difficult for air to get in and out of your lungs.

And while most people associate asthma with allergies, it has many more possible causes. In fact, if your asthma started later in life, one of these is a likely culprit:

- Stress
- Anxiety
- Exercise
- Smoke
- Cold airMold
- Virus Chemical exposure

These causes don't involve a hitch in your immune system (not even virus-induced asthma), but they do set off the same cascade of inflammatory events that end in your gasping for breath, and desperately grabbing for the inhaler.

So when it comes to preventing asthma attacks, the *why* really matters.

Preventing asthma attacks... whatever the cause

Prescription asthma medications focus on opening your airways—crucial, of course, but that overlooks the reason you can't breathe.

And that's where Asmakal, a medicinal herbal tea, really shines.

Grown in the fertile soil of the Galilee, one of the richest areas in the Holy Land, these herbs contain vast healing properties. And by combining only a few specific herbs, the tea addresses several asthma triggers, with each herb tackling a different attack pathway to prevent those terrifying episodes.

(continued on next page)

Drug type	Expected use	Examples	Well-known dangerous side effects
Inhaled corticosteroids	Every day	Flovent, Pulmicort, Asmanex	Bone loss, adrenal insufficiency
Leukotriene modifiers	Every day	Singulair, Accolate	Aggression, hallucinations, depression, suicidal thoughts and actions
LABAs	Every day	Serevent, Symbicort, Advair	Severe asthma attacks that may result in death
Short-acting beta agonist	Rescue	Albuterol, ProAir HFA, Maxair, Proventil HFA, Ventolin HFA	Palpitations, irregular heart rate, chest pain, uncontrollable shaking, increased difficulty breathing

That's not just theory: the manufacturer put Asmakal to the test with asthma patients, with very positive results.

Asthma tea reduced attack frequency and intensity

The company ran a small trial to make sure their combination of Holy Land herbs really could improve symptoms and slow down attacks for asthma patients. It worked.

For eight weeks, fifteen asthma patients drank three cups of Asmakal tea every day. And at the end of the trial period, symptoms were improved across the board:

- Fewer asthma attacks
- Less intense asthma attacks when they occurred
- Decreased wheezing and coughing
- Improved chest tightness and shortness of breath
- Were able to cut back on use of inhalers and other medications

Those results are very promising... but not surprising. Because the Holy Land herbs in Asmakal tea have been used traditionally for asthma and breathing problems for generations, and the science is bearing that out.

This ancient herb safely prevents and lessens asthma attacks

There's a reason ginkgo biloba trees can live for a thousand years: They're very good at fending off attacks.

In fact, traditional healers used the leaves of these powerful trees to heal asthma and bronchitis as far back as 2600 BC. And researchers are now learning just how effective this ancient herb can be for preventing asthma attacks.

Its power comes from unique phytochemicals called ginkgolides, and even as this is being written, scientists are studying their impact on asthma and other breathing difficulties. So far, we know that ginkgolides—especially the one known as ginkgolide B-work by inhibiting PAF (platelet activating factor).1 The PAF receptor can instigate an asthma attack by setting off airway inflammation, and ginkgo can stop it cold.

There's more than a decade of research to show ginkgo's asthma prevention properties, and not just on slides in a lab...

A breath-taking look at this everyday asthma drug

Like all LABA drugs, Advair comes with the "increased risk of death from asthma problems." And that's just the tip of the deadly iceberg. Advair can cause many severe side effects, including (and these come from the Advair website):

- ▶ sudden breathing prob- ▶ weakened immune sys- ▶ chest pain lems immediately after inhaling your medicine
- a fast and irregular heartbeat
- tem and a higher chance ▶ lower bone mineral of infections
- - density
- (may result in loss of energy) ▶ bronchitis
- ► reduced adrenal function ► glaucoma and cataracts

Just to be clear: Taking this asthma medication can increase your risk of a fatal asthma attack and cause sudden breathing problems as soon as you inhale it. So how can it be considered a good choice for controlling asthma?

- A 1997 clinical trial² found that ginkgo leaf significantly reduced airway hyper-reactivity and improved asthma symptoms and lung function in patients with asthma, leading the researchers to conclude that ginkgo leaf "is an effective drug of anti-airway inflammation."
- In 2005, researchers found that inhaling nebulized ginkgolide (like the medicine in an inhaler) was an effective treatment for bronchial asthma because it "has the action of fighting against asthmatic airway inflammation" in asthma patients.3
- A 2011 animal study⁴ uncovered another way that ginkgo treats asthma, by suppressing another pathway (called MAPK) involved in setting off attacks.

The list goes on, and ginkgo biloba research is ongoing (I'm sure a drug company researcher somewhere is trying to turn this into a drug). But it doesn't work alone in Asmakal tea.

Herbal power pair blocks seven asthma pathways

You might associate thyme and oregano with a savory supper, but these two herbs contain very potent compounds that help prevent asthma attacks.

The two most studied compounds both found in thyme and oregano—are called thymol and carvacrol. And like the ginkgo biloba, research is starting to pile up on the healing impact of these herbs. Both are highly potent antioxidants, and both have been proven to have antibiotic properties, particularly against bacteria known to set off asthma attacks including Pseudomonas aeruginosa and Staphalococcus aureus.⁵

In fact, between the two compounds, they target at least seven of the chemicals that play parts in asthma attacks (including cytokines and other pro-inflammatory compounds).^{6,7}

What's more, thyme has been used traditionally to treat coughs, colds, bronchitis, and other breathing ailments for centuries. Clinical trials have found that thyme extracts (in combination with different herbs) can be used to treat acute bronchitis⁸ and bring on a 50% reduction in coughing fits while reducing other severe bronchitis symptoms in just two days.⁹

Taking the stress out of asthma attacks

Stress is one of the main triggers of attacks in adults, and it can make episodes even worse. 10 Asthma attacks themselves can be unbearably stressful. (Not to mention the inhalers can cause some pretty alarming side effects.)

Calming everything down with one of the most soothing herbs on earth can be immeasurably helpful in preventing asthma attacks, and helping you recover from them.

There's no question: lavender brings a soothing sense of calm, whether you smell it or swallow it.^{11,12} For generations, it's been used to help people sleep and relax. In Germany, lavender flower teas have even been approved to treat restlessness, nervous stomach ailments, and insomnia.

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The ONLY way to live without pain

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patients in the drug group withdrew after suffering negative side effects.

There are more studies on curcumin than could possibly fit in this issue... and we haven't even gotten to the pain and inflammation defeating properties of the other "so good it sounds fake" ingredient in Curamin, a special highly effective boswellia extract.

All the best of boswellia, with none of the worst

I'll be straight with you: A lot of people suffering with pain have tried boswellia with no luck. It just didn't work for them.

They were trying the wrong boswellia. Because there is a dark side to the plant that the advertisers gloss over: boswellia naturally contains a compound called beta-boswellic acid (BBA) that causes inflammation.

This boswellia, known as BosPure[®], contains virtually no BBA at all.

But it does contain more of the most beneficial healing compound—called AKBA—than any other extract. And it does that naturally, by seeking out plants with the highest naturally occurring levels of AKBA, rather than trying to copy its properties in a test tube.

Putting an end to chronic pain, wherever it strikes

Boswellia doesn't work the same way as curcumin, so it helps fight pain in totally different ways... but just as effectively.

For example, one study found that boswellia helped relieve pain for the long-term in patients with chronic cluster headaches.¹⁰

One review¹¹ of seven controlled clinical studies on boswellia found that this herb safely and effectively treats:

- Rheumatoid arthritis
- Osteoarthritis
- Colitis
- Crohn's disease

An eight-week double blind, place-bo controlled trial ¹² found that patients with osteoarthritis of the knee had less pain, more flexibility, and could walk further after taking boswellia.

And when boswellia and curcumin work together, they outshined even celecoxib (you might know this by the brand name Celebrex). In a randomized, controlled clinical trial, ¹³ a combination of BCM-95 and BosPure was pitted against celecoxib to see just how well the natural formula stood up in patients with diagnosed osteoarthritis of the knee. And in this head-to-head competition, the BCM-95 and BosPure combination won, hands down, for pain relief and distance walked.

But there's more to Curamin than straight pain relief...

Fighting pain AND the cause of pain

There are a lot of drugs and supplements out there that can help ease your pain, even help reduce inflammation.

But how many of them can also actually fix your problem?

Take osteoarthritis, for instance. Curcumin seems to actually stop some of the damage that causes arthritis pain. In fact, more than one study has found that this practically magical compound protects your cartilage from the inflammatory chemicals that break it down. ^{14,15}

So not only does curcumin relieve joint pain, it also protects your joints from future pain.

Four proven ingredients, one potent formula

Along with the pain-stopping power of BCM-95 and BosPure, Curamin also contains DLPA and nattokinase.

DLPA (DL-phenylalanine), an amino acid, maximizes the impact of your body's own natural pain relievers—your endorphins and enkephalins.

Nattokinase enhances Curamin in two distinct ways. First, it helps balance fibrinogen¹⁶ (a compound your body uses to form blood clots) levels, which helps relieve muscle pain. Second, it improves blood flow, helping carry the other pain-relieving ingredients in Curamin to where you need them most.

That's a lot of pain-stopping power in a single capsule. And yet I was still surprised by the sheer volume of testimonials I saw for Curamin... and stunned by how this seemingly simple formula has changed people's lives.

"It's been lifesaving for me"

"I was in so much pain all the time, but the doctor couldn't figure out what was wrong. There's some arthritis, maybe fibromyalgia. And for seven years, I had terrible pain, but you just get used to it. You forget what it's like to have no pain."

For years, Annie Hines felt nearconstant pain, in her bones and tissues. She tried prescription anti-inflammatories, but couldn't live with the side effects ("it made my hair fall out").

So she did some research, and came across Curamin.

"After just three or four days, my pain subsided. It was the first time I had relief in years. And it worked so fast," she told me. "It's been lifesaving for me. Every time I see someone in pain, I tell them about it."

"I really sensed a massive difference"

Reverend Dr. Dan Richards suffers from neuropathy and "relatively severe" osteoarthritis.

The prescription drugs he tried were "terrible, the side effects were very bad. I was falling down, I had blurry vision." And he had no better luck with over-the-counter pain medications ("they were messing up my liver and blood pressure"). So one day, Dan stopped into a health food store... and found Curamin.

"Within just two weeks," he told me, "I could really sense a massive difference. It worked very fast to ease my pain. And I've been taking it for about four years now—still no side effects, and it's still just as effective."

And there are so many more stories just like these, of people who'd been suffering pain for years despite taking prescription medications, who finally found true relief with Curamin. Stories of people who were able to stop taking drugs like hydrocodone or methotrexate (commonly prescribed for rheu-

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The ONLY way to live without pain

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matoid arthritis) when they started taking Curamin. And stories of people who could walk again without canes or walkers... and without pain.

Live without pain with Curamin

If you've been living with pain, your suffering may be over. The uniquely powerful combination of proven ingredients in Curamin has helped so many people finally find relief... and it just might work to remove your pain, too.

The manufacturer recommends taking one Curamin capsule, up to three times daily, with food.

You can find ordering information for Curamin in your Member Source Directory on page 8.

Asthma patients take full, deep breaths

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And one very interesting study found that blood levels of cortisol—a stress hormone—significantly decreased in patients after lavender aromatherapy. The lavender had a relaxing effect, as well as improving circulation to the heart.¹³

As the lavender in Askamal helps calm you, the other Holy Land herbs work together to keep your asthma triggers under control.

And keeping asthma under control, preventing attacks, is exactly what Asmakal can do for you.

"I don't have to use my inhaler everyday anymore"

Bella Astin has been suffering with bronchial asthma for five years.

"It started after a hurricane," she told me. "Maybe it's from allergies, maybe mold. I know it's worse in the winter."

Her doctor gave her some inhalers to use, but "I hate to use medicine if I don't have to."

Once she started using Asmakal, she felt her chest ease up, and she doesn't need to use her maintenance inhaler nearly as often. "I only use it every three or four days now, because I feel so completely clear from the tea. It's mild, but it really makes a difference."

"I never thought it would work, but..."

After smoking for 25 years, Joe Binder's "bad habit caught up" with him, and he was left with severe asthma. And despite the fact that he had an inhaler by his side all the time, he felt like it was "always hard to breath," not to mention his frequent coughing fits.

And then a friend pointed him toward a medicinal tea company, where he discovered Asmakal tea.

"I never thought it would work, but I gave it a shot," Joe reported. After a while, I saw a difference in my breathing. I still have asthma, but I have less trouble breathing." And that's true even after walking for more than ten minutes!

"It's helped me breathe much better"

Anne Parker was struck with breathing difficulties later in life.

"I am 58 years old," she said, "and for the past year doing normal housework has become more difficult." Now, simple cleaning chores would leave her feeling short of breath, and even make her start coughing.

But Asmakal tea has made all the difference.

"The tea has helped relieve those symptoms, and has helped me breathe much better."

"Drinking it has helped beyond my expectation"

For years, Evan Seaver's wife complained about his heavy snoring and chronic "whistling." Reluctant to try any medical procedure or surgery, Evan searched for a safer alternative.

He stumbled upon the asthma tea while scouring the internet, and both he and his wife are very happy that he found it.

"My snoring has mellowed down," he said. "And the horrible whistling is completely gone. Plus, I no longer have trouble breathing at night. Drinking it has helped beyond my expectation."

"I've become less vulnerable to colds!"

Cynthia Park experienced a surprising side effect when she started using the asthma tea: she got fewer colds.

"In between seasons I would always catch a cold or begin to have asthma attacks," she said. "As any person who has asthma would know, some of those attacks could be brutal."

"I have drunk the tea now for the past eight months, two seasons have gone by, and the severity of my attacks has declined substantially. The tea made my breathing lighter, and I became less vulnerable to colds."

Stop asthma before it attacks with AsmakalTM

When you have asthma, avoiding full-blown attacks is critical. And while that's what maintenance inhalers are supposed to do, they don't always work... and they can cause some very serious side effects, including deadly asthma episodes.

Asmakal tea does not take the place of rescue inhalers, the ones you use in the middle of an attack—but it can decrease your need for them by keeping those attacks from getting started.

The manufacturer recommends drinking three cups of Asmakal tea daily. For best results, pour boiling water over one Asmakal tea bag, cover the cup and let the brew steep for ten minutes.

Asmakal tea can help you in two ways: when you breathe in the hot tea vapors as you wait for it to cool down, and again when you drink the medicinal tea.

You can find ordering information for Asmakal tea in your Member Source Directory on page 8.

Please note: This tea does not substitute for a rescue inhaler.

Rainforest plant beats late-stage prostate cancer

(continued from page 3)

ing and multiplying

And, thanks to a new lab study,⁴ we have a better idea of just how it works. Pao extract impacts a very important chemical pathway called NF-Kappa-B. When that pathway is blocked, even advanced cancer cells can't survive.

From slides in the lab to human trials

With the growing body of science showing the cancer-fighting powers of Pao, powers that pinpoint only cancer cells, you'd think there would be human clinical trials. There aren't.

When HSI first broke the incredible Pao story back in 2010, there was limited science, and a single small human study looking at its positive impact on PSA levels and BPH (benign prostatic hyperplasia) in men without prostate cancer.

But slowly and surely, success stories have begun to pour in. Men are reporting living for more than a decade after their diagnoses after using Pao extract to help fight their prostate cancer. And researchers believe that Pao may be able to prevent prostate cancer from developing in the first place, helping you avoid the oncology department all together.

Still, there's no clinical trial proving

this life-saving natural plant extract works for men with even advanced prostate cancer... but there should be.

In fact, the scientists who conducted the latest study⁴ concluded that Pao's impressive impact "warrants its consideration as a potential therapeutic candidate in treating CRPC patients." (CRPC means castration-resistant prostate cancer.)

Translation: We should be using Pao to treat men with castration-resistant prostate cancer.

A beneficial 'side effect'

A few minutes ago we talked about the chemical pathway Pao uses to stop cancer. Well, it turns out that the NF-Kappa-B pathway also plays a very big part in inflammation.

And that's why men who've successfully controlled their cancer with Pao have also experienced a very positive side effect.

With inflammation calmed down, some men have reported feeling better overall, even getting a bit of relief from inflammatory conditions like arthritis.

Tree bark extract gets even aggressive, resistant prostate cancer under control

The powerful extract from the Pao

pereira tree has shown remarkable effects against prostate cancer—and that includes advanced prostate cancer that can no longer be managed with conventional treatments.

The most trusted source of this rainforest extract comes from the company that faithfully follows the Beljanski method when creating their Pao products, including Pao-V-FM.

The manufacturer recommends taking 4 to 8 capsules per day, in divided doses. Most men will see an impact taking 4 capsules daily, but some may need more depending on the state of their health. (This Pao extract has shown no toxicity even at higher doses.)

Give the Pao some time to work. While there isn't any clinical trial information to draw from, men with BPH report seeing noticeable results in as little as one month. The manufacturer recommends trying Pao-V-FM for three months to see its full benefit.

You can find ordering information for Pao-V-FM in your Member Source Directory below.

MEMBER SOURCE DIRECTORY

Pao V-FM[®], Natural Source International, Ltd. Ph: (212) 308-7066; www.natural-source.com. Pao V-FM costs US\$105.00 (plus shipping) for a 100-count bottle. HSI members will get a special 20% discount on Pao V-FM through September 15, 2014. Simply use code HSI714 when you order.

Asmakal, Galilee Tisanes, Ph: (888)414-5833; www.GalileeTisanes.com. Asmakal costs US\$28.99 (plus shipping) for a one box of 100 tea bags. Galilee Tisanes is offering two special deals to HSI members: Get free shipping with the purchase of two boxes OR Get free shipping plus a \$7 discount with the purchase of three boxes. Simply mention HSI to take advantage of these special savings. When ordering online, enter the code in the comments section of the payment page.

Curamin, Terry Naturally Vitamins, Ph. (866)807-2731; www.TerryNaturallyVitamins.com. Curamin costs US\$38.95 (plus shipping) for 60 capsules. HSI members will receive free shipping by using code HSIFREE through September 15, 2014. Free shipping is available only in the U.S.

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